

WHAT IS A FLUORIDE VARNISH APPLICATION

Fluoride varnish is a clear protective coating that is applied to your child's baby teeth.

It helps prevent and even stop cavities that have already started.

It is safe and can be used as soon as your child has his first tooth.

A very small amount of coating is used.

After fluoride varnish is applied:

- Do not feed your child hard, sticky or hot foods.
- Do not brush your child's teeth today.
- Start brushing your child's teeth tomorrow.

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BABY TEETH ARE IMPORTANT

Protect the little smiles you love.

MassHealth

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ASK YOUR CHILD'S DOCTOR ABOUT A SIMPLE FLUORIDE APPLICATION AT THE NEXT OFFICE VISIT.



FIRST TEETH

4 to 9 Months Old

- Babies' front teeth start to come in at 6-9 months.
- Ask your dentist or doctor about fluoride varnish.
- Start cleaning baby teeth as soon as they come in: use a soft cloth to wipe the little teeth or use a baby's toothbrush.
- Don't share spoons, cups or tooth brushes with your baby! Adults can have bacteria in their mouths that can cause cavities in babies' teeth.
- If you put your baby to bed with a bottle, fill it with water only. Milk formula, juices and soda will have sugar in them and can puddle around a sleeping baby's teeth, causing tooth decay.

FIRST DENTAL CHECK

1 Year Old

- Your baby should have their first dental check up by age 1. Schedule a visit with a dentist or ask your doctor to look at your baby's teeth.
- Ask your dentist or doctor about fluoride varnish.
- Check your baby's mouth for spots or stains on the teeth.
- Brush baby's teeth after breakfast and before bedtime. Use a soft baby toothbrush and a smear or less of toothpaste.

SAVE THAT SMILE

1 1/2 to 2 Years Old

- Start using fluoride toothpaste to help prevent cavities. Use a smear of toothpaste on a soft toothbrush until 3 years, and then use a pea- sized amount. If your child doesn't like the taste, try another flavor or use plain water.
- Ask your dentist or doctor about fluoride varnish.
- Floss your child's teeth as soon as two teeth touch each other.

DID YOU KNOW?

Kids with cavities in their baby teeth are more likely to get cavities in their permanent teeth and they are more likely to suffer tooth loss later in life!

LET ME DO IT

3 to 4 Years

- Let your child start learning to brush their own teeth, but be there to help. Kids aren't expected to brush properly until 6 to 8 years old.
- Ask your dentist or doctor about fluoride varnish.

FOUR SIMPLE TIPS

1. Protect your baby's teeth with fluoride.
2. Check and clean your baby's teeth.
3. Feed your baby's healthy food and no sugary drinks.
4. Have your baby's teeth checked by a doctor or dentist by age 1.

NEED HELP? GET ANSWERS RIGHT NOW THROUGH THE NEW MASSHEALTH MEMBER PORTAL!

Visit us at www.masshealth-dental.net

1-800-207-5019 | TTY: 1-800-466-7566

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